



The Somerset ICS Enhanced Occupational Health and Wellbeing Project has secured funding to introduce training to raise awareness and ensure ALL Health and Care Staff and Volunteers across Somerset, including Primary and Secondary care, Social Care, Council, Trusts and others are heard and supported in their Mental Health needs at work.

Where before, mental health issues impacting performance might have been seen in a negative light, **REACTMH**<sup>®</sup> enables Managers/Supervisors to identify and engage in meaningful wellbeing conversations, using “active listening” techniques, to identify and support colleagues struggling with pressures that are impacting their daily mental health.

If you would like further information or to book onto the REACTMH 90 training please email [somccg.icsworkforceteam@nhs.net](mailto:somccg.icsworkforceteam@nhs.net)

### REACT90 MH Training Dates April - June 2022

Apr-22		May-22		Jun-22	
Date	Time	Date	Time	Date	Time
1-Apr-22	11:00	03-May-22	09:00	6-Jun-22	11:00
1-Apr-22	13:30	03-May-22	11:00	6-Jun-22	13:30
04-Apr-22	13:30	05-May-22	13:30	7-Jun-22	13:30
04-Apr-22	15:30	05-May-22	15:30	7-Jun-22	15:30
05-Apr-22	09:00	10-May-22	09:00		
05-Apr-22	11:00	10-May-22	11:00		
07-Apr-22	13:30	11-May-22	13:30		
07-Apr-22	15:30	11-May-22	15:30		
12-Apr-22	09:00	13-May-22	11:00		
12-Apr-22	11:00	13-May-22	13:30		
13-Apr-22	13:30	16-May-22	13:30		
13-Apr-22	15:30	16-May-22	15:30		
19-Apr-22	09:00	17-May-22	09:00		
19-Apr-22	11:00	17-May-22	11:00		
21-Apr-22	13:30	19-May-22	13:30		
21-Apr-22	15:30	19-May-22	15:30		
26-Apr-22	09:00	24-May-22	09:00		
26-Apr-22	11:00	24-May-22	11:00		
27-Apr-22	13:30	25-May-22	13:30		
27-Apr-22	15:30	25-May-22	15:30		
29-Apr-22	11:00	27-May-22	11:00		
29-Apr-22	13:30	27-May-22	13:30		
		30-May-22	13:30		
		30-May-22	15:30		
		31-May-22	09:00		
		31-May-22	11:00		